

FLING IT

- 8 students per net. 4 students hold a corner, 4 students hold a side.
- To start, raise the net to shoulder level with hands 2" apart. At given signal lower the net to waist level and working together quickly raise and jerk the net apart at shoulder level. Players should test their ability to cooperate by going through the motions without using a ball.
- When using the ball place it in the center of the net to insure correct liftoff.
- Players must move quickly to a point where the ball is dropping, open the net and catch the ball inside. Be careful not to let the ball bounce out before closing the net.
- Fling It Game- Players cooperate together to fling the ball into the air, catching it on the downfall. All players must move with the net.
- Cross Game- Team A flings the ball to Team B. Team B flings the ball to Team C. Team C flings the ball back to Team A. (*variation- Team C flings a ball into a bucket. Team A starts a new ball. Count to see how many balls they can get in the bucket.
- Switch Game- Players fling the ball into the air; opposite side players change positions under the net carefully while the ball is in the air. Players must be in their new position to catch the ball.